



as seen in
FITNESS, JANUARY 2008

fitness

Mind, Body + Spirit

**EASY
WAYS TO
A FLAT
BELLY**
p. 19

SCULPT EVERY INCH

BURN MORE FAT

Our 3 fastest
routines ever

Brand-new
butt & thigh
moves

(you can do at home)

5 foods
that fight
colds

WINTER SPECIAL

THI HOL

• Curb your ap...



find holiday balance



FOR GREEN-GALS
Paper or plastic? Push-least! This reusable bag is the eco-friendly option for bringing boys home. Enviroxas, \$7.95, thegreenloop.com



FOR THE METRO MAN
Clean, soft, stubble-free skin—it's practically a gift for you! Every Man Jack Gift Set, \$9.99, Target

FOR THE GIVING TYPE An adorable way to support a worthy cause. St. Jude's Patient Network Glass Ornament, \$5, stjude.org



find holiday balance



FOR REFINED SIPPERS Package in sweets guilt-free with infusions like Belgian Mint and Raspberry Nectar. Tea Forte Ribbon Box set, \$34, teaforte.com

FOR THOSE WITH GOOD SCENTS Try CrazyBottle and the Poppies solid fragrances in Vanilla Macaroon and Vanilla Apple, \$18 each, b-glowing.com



FOR PUPPY LOVERS Give a season-inspired treat every time your best friend sals, heels, rolls over—or just looks cute. Cloud Star's Gingerbread Buddy Biscuits, \$5.95, cloudstar.com



FOR STRESS MONSTERS This mini massager is the best way to get your loved ones to relax, hands down. HealthMedics Quad, \$9.99, homedics.com



FOR THE SWEETIE Candy with a hip twist—what's not to like? BloomBerry & Co. bars, \$5 each, bloomberry.com

under
\$10

under
\$25



FOR HATEHATERS These lightweight, warm-in-30-seconds slippers are cozy without over-heating. Bob's Puffy Quilted Fur Warmers, \$20, rebelle.com



FOR FOODIES A two-in-one pot holder and trivet for a culinary fan means no scorched tables—or fingers. Chef'n Diego Magnetic Silicone Trivet, \$7.95 each, chefresource.com



FOR BEAUTY BUFFS Petite bottles of polish in four must-have winter shades. OPI Tiny Tinsel Towners Mini-Nail Lacquers, \$9.95, opi.com



FOR HEALTHY STARTERS This kitchen gizmo makes fresh a.m. OJ with the perfect amount of pulp. Chef'n Juicester, \$14.95, chefresource.com



FOR CYM COOKS Speak volumes on the treadmill without saying a word. Nike Trainers, \$24, nike.com



FOR ACTIVE MOMS Pick a card for a kid-friendly stroll in cuffs like New York and San Francisco. Chronicle Books' City Walks With Kids, \$14.95, chroniclebooks.com

Black Dress workout!
p. 16

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